

The data in this report come from the Behavioral Risk Factor Surveillance System (BRFSS). The BRFSS is a continuous telephone survey system supported in part by the Centers for Disease Control and Prevention and administered by the New York State Department of Health. The system is designed to provide information on behaviors and risk factors for chronic and infectious diseases and other health conditions among the adult population. The data for this report have been weighted to reflect the adult population of New York State.

This report examines progress toward achieving Healthy People 2000 objectives for adults in New York State. Healthy People 2000, published by the US Department of Health and Human Services, establishes objectives for the nation to reach overarching health-related goals for Americans including: (1) an increase in the span of healthy life; (2) reduction of health disparities; and (3) improvement in access to preventive care services.

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Year 2000 Health Objectives for the Nation: New York State Summary of BRFSS¹ Data: 1995 and 1996

Healthy People 2000 Objective ^{2, 3}	BRFSS 1995*	BRFSS 1996**	Yr 2000 TARGET
	%	%	
OVERWEIGHT Objective #1.2: Reduce overweight to a prevalence of no more than 20% among people aged 20 and older and no more than 15% among adolescents aged 12-19.			
Aged ≥ 20	29.3	29.5	≤ 20%
Black women, aged ≥ 20	46.1	50.2	≤ 30%
REGULAR AND SUSTAINED PHYSICAL ACTIVITY Objective #1.3: Increase to at least 30% the proportion of people aged 6 and older who engage regularly, preferably daily, in light to moderate physical activity for at least 30 minutes per day. ³			
Aged ≥ 18	NA	20.0	≥ 30%
REGULAR AND VIGOROUS PHYSICAL ACTIVITY Objective #1.4: Increase to at least 20% the proportion of people aged 18 and older and to at least 75% the proportion of children and adolescents aged 6-17 who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion. ³			
Aged ≥ 18	NA	13.9%	≥ 20%
NO LEISURE-TIME PHYSICAL ACTIVITY Objective #1.5: Reduce to no more than 15% the proportion of people aged 6 and older who engage in no leisure-time physical activity. ³			
Aged ≥ 18	NA	30.4	≤ 15%
Aged ≥ 65	NA	38.4	≤ 22%
CIGARETTE SMOKING Objective #3.4: Reduce cigarette smoking to a prevalence of no more than 15% among people aged 20 and older.			
Aged > 20	21.5	23.2	< 15%
Blacks, aged > 20	18.9	21.8	< 18%

¹ Behavioral Risk Factor Surveillance System

² Public Health Service. *Healthy People 2000: National Health Promotion and Disease Prevention Objectives*—full report with commentary. Washington, DC: U.S. Department of Health and Human Services, 1991.

³ In some cases, BRFSS definitions differ slightly from Healthy People 2000 objectives.

⁴ Based on fewer than 50 respondents- estimate is unstable.

* Weighted estimates based on statewide post-stratification using 1995 Demo Detail post-censal population estimates.

** Weighted estimates based on statewide post-stratification using 1996 Claritas post-censal population estimates.

NA Data not available that year.

Healthy People 2000 Objective ^{2, 3}	BRFSS 1995*	BRFSS 1996**	Yr 2000 Target
NA Data not available that year.	%	%	
SAFETY BELT USE			
Objective #9.12: Increase use of occupant protection systems, such as safety belts, inflatable safety restraints, and child safety seats to least 85 percent of motor vehicle occupants and 95 percent age 4 and younger.			
Aged ≥ 18	74.2	NA	≥ 85%
Aged ≤ 4	88.3	NA	≥ 95%
TOTAL TOOTH LOSS			
Objective # 13.4: Reduce to no more than 20% the proportion of people aged 65 and older who have lost all of their natural teeth. ³			
Aged ≥ 65	28.3	24.2 ⁴	≤ 20%
PERMANENT TOOTH LOSS DUE TO CARIES OR PERIODONTAL DISEASES (NONE)			
Objective #13.3: Increase to at least 45% the proportion of people aged 35-45 who has never lost a permanent tooth due to dental caries or periodontal diseases.			
Aged 35-44	33.1	30.9	≥ 45%
CHOLESTEROL SCREENING (WITHIN PAST FIVE YEARS)			
Objective #15.14: Increase to at least 75% the proportion of adults who have had their blood cholesterol checked within the preceding 5 years.			
Aged ≥ 18	72.7	NA	≥ 75%
FRUIT AND VEGETABLE CONSUMPTION (FIVE OR MORE SERVINGS PER DAY)			
Objective #16.8: Increase complex carbohydrate and fiber-containing foods in the diets of adults to five or more daily servings for vegetables (including legumes) and fruits, and to six or more daily servings for grain products.			
Aged ≥ 18	NA	25.4	not specified
CLINICAL BREAST EXAM AND MAMMOGRAM (EVER HAD)			
Objective #16.11: Increase to at least 80% the proportion of women aged 40 and older who have ever received a clinical breast examination and a mammogram, and to at least 60% those aged 50 and older who have received them within the preceding 1 to 2 years.			
Women aged ≥ 40	80.3	81.9	≥ 80%
Women aged ≥ 70	67.2	79.1	≥ 80%
Black women aged ≥ 40	77.7	80.9	≥ 80%

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Healthy People 2000 Objective ^{2, 3}	BRFSS 1995*	BRFSS 1996**	Yr 2000 Target
	%	%	
CLINICAL BREAST EXAM AND MAMMOGRAM (WITHIN PAST TWO YEARS) (Objective #16.11)			
Women aged ≥ 50	69.2	72.9	≥ 60%
Women aged ≥ 70	53.9	64.7	≥ 60%
Black women aged ≥ 50	69.4 ⁴	80.2	≥ 60%
PAP SMEAR, WOMEN WITH INTACT UTERINE CERVIX (EVER HAD) Objective #16.12: Increase to at least 95% the proportion of women aged 18 and older with uterine cervix who have ever received a Pap test, and to at least 85% those who received a Pap test within the preceding 1 to 3 years.			
Aged ≥ 18	88.8	91.7	≥ 95%
Aged ≥ 70	80.9	86.2	≥ 95%
PAP SMEAR, WOMEN WITH INTACT UTERINE CERVIX (WITHIN PAST THREE YEARS) (Objective #16.12)			
Aged ≥ 18	81.0	82.9	≥ 85%
Aged ≥ 70	58.4	61.5	≥ 70%
PROCTOSCOPY (EVER HAD) Objective # 16.13: Increase to at least 50% the proportion of people aged 50 and older who have received fecal occult blood testing within the preceding 1 to 2 years, and to at least 40% those who have ever received proctosigmoidoscopy.			
Aged ≥ 50	34.0	33.1	≥ 40%
FECAL OCCULT BLOOD TEST (WITHIN PAST TWO YEARS) (OBJECTIVE #16.13)			
Aged ≥ 50	NA	33.4	≥ 50%
INFLUENZA IMMUNIZATION (WITHIN PAST YEAR) Objective #20.11: Increase Pneumococcal pneumonia and influenza immunization among noninstitutionalized, high-risk populations, as defined by the Immunization Practices Advisory Committee: at least 60%.			
Aged ≥ 65	55.9	NA	≥ 60%
PNEUMOCOCCAL PNEUMONIA IMMUNIZATION (EVER HAD) (Objective #20.11)			
Aged ≥ 65	26.2	NA	≥ 60%
SPECIFIC SOURCE OF ONGOING PRIMARY CARE Objective #21.3: Increase to at least 95% the proportion of people who have a specific source of ongoing primary care for coordination of their preventive and episodic health care. ³			
Aged ≥ 18	87.8	87.6	≥ 95%
Blacks, aged ≥ 18	81.8	82.7	≥ 95%

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